GOALS / WANTS

to be famous

to be materially secure

to have the moral high ground

RELATIONSHIPS

worried about "being seen with"

trust issues

judges partner

affects

affects

affects

affects

PRESENTATION

must look good at all times

LIFESTYLE

cleanliness/purity obsessed

DIALOGUE

always probing for hypocrisy/ill intent

FALSE BELIEF

Unhealthy people usually aren't conscious of the fact that their beliefs are trauma responses, instead they create a narrative to justify the core belief

"success = better" "you can't trust anything or anyone" "people who follow the rules (me) are good"

presents itself as

typical consciousness cutoff

CORE BELIEF:

THIS (or something like it) will happen again, unless I...

I didn't leave you much room here because you don't need it. No specifics allowed.

"succeed"
"am skeptical of all people and systems."
"be good and follow the rules"

I know that because it's how I escaped/coped the first time!

creates

TRAUMA

This is whatever happened/is happening to create the person's core belief.

Here, trauma just means negative experiences that contibute to a person's core belief.

"My caregivers withheld affection from me if I didn't succeed in certain areas of life."

"Something/someone I trusted failed me and forced me to doubt everyone's intentions"

"I was punished for not following the rules of my culture."